

## Suicide Prevention - Everyone Plays a Role in Suicide Prevention

If you or someone you know is in immediate danger call 911.

**Suicide is a preventable. You can help prevent suicide by knowing the warning signs:**

- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious, agitated or recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

**If you are concerned someone is at risk for suicide:**

- Ask them if they are thinking about killing themselves (this will not put the idea in their head or make it more likely that they will attempt suicide)
- Stay with the person (do not leave them alone)
- Remove any firearms, alcohol, drugs or sharp objects that could be used in a suicide attempt
- Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
- Take the person to an emergency room or seek help from a medical or mental health professional.

\*For Estina - video editing purpose

## Minnesota crisis resources:

---

[National Suicide Prevention Lifeline](#) at 1-800-273-TALK (8255)

[Crisis Text Line](#) - text MN to 741741

[Adult Mental Health Crisis Contact Numbers](#)

[Children's Mental Health Crisis Contact Numbers](#)

## Contact

---

Contact Tanya Carter, Suicide Prevention Supervisor at [Tanya.Carter@state.mn.us](mailto:Tanya.Carter@state.mn.us) for more information on the Suicide Prevention Unit.